



Südeichsfeldlauf  
Diedorf / 29.06.2019

## Detailed evaluation

**Elstner, Marcus**

Club: Kegelveerein Bad Langensalza  
Number: 109

Course: 10.60 km  
Hauptlauf 10,6 km

Category:  
Senioren M30 (30-34 Jahre)

Total time: 59:20

Speed: 10.11 km/h  
Running performance: 5:36 min/km

Rank in course/Total: 42 (of 70)

Rank in course/Men: 37 (of 55)

Best time in course: 41:44

Rank in category: 7(of 9)

Best time in the category: 42:12